

metro

NEW YORK CITY NO. 1 FREE DAILY IN THE US

Monday, June 12, 2017 metro.us | t: MetroNewYork | f: MetroNewYork



DO CALL IT A COMEBACK

Amanda Bynes talks TV, and that infamous Drake tweet. 22

Data scientists, the sexiest job of the 21st century. 28

Rachel Weisz is cautiously optimistic. 26

Queens Library

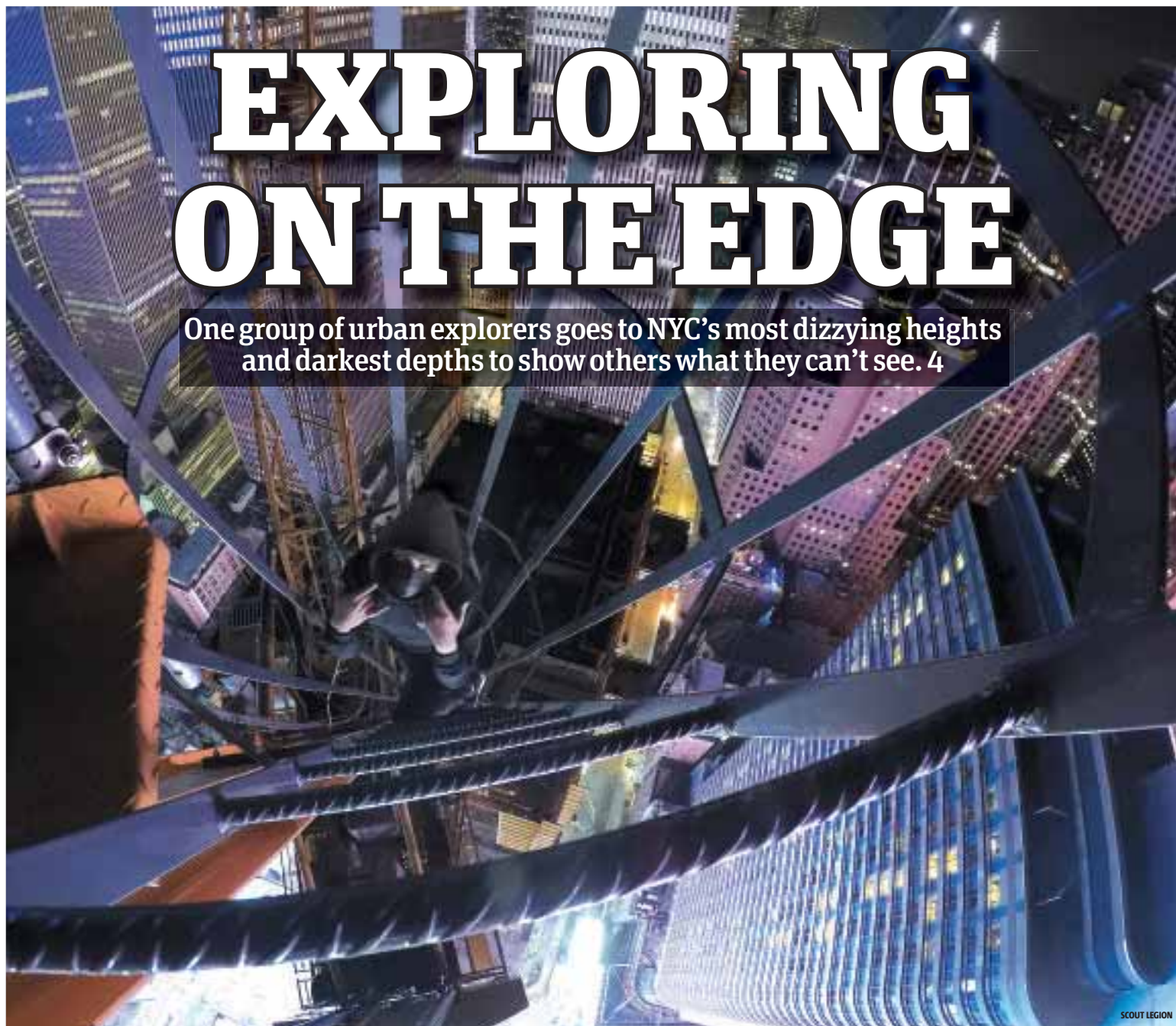


ARTS & CULTURE
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See inside for details.
queenslib.org/artsandculture17

EXPLORING ON THE EDGE

One group of urban explorers goes to NYC's most dizzying heights and darkest depths to show others what they can't see. 4



SCOUT LEGION

REED TO GRILL SESSIONS ON COMEY FIRING

I Democratic Sen. Jack Reed said he would question U.S. Attorney General Jeff Sessions why he was involved in the firing last month of FBI Director James Comey after he had recused himself from matters relating to the Russia probe. "There's a real question of the propriety of the attorney general participating in that in any way, shape or form," Reed, a member of the Senate intelligence committee, said on "Fox News



Sunday." Sessions said in a letter on Saturday that he will appear before the committee to address

matters that Comey brought up last week in dramatic testimony to the same panel. The letter did not say whether Sessions planned to give public testimony on Tuesday or to appear before the panel behind closed doors. **REUTERS**

TICKET SOLD IN CALIF. WINS \$448M POWERBALL

2 One ticket sold in California matched all the winning numbers drawn for the Powerball jackpot that soared to an estimated \$448.7 million. The numbers revealed just after 11 p.m. were 32, 26, 20, 38 and 58, with a Powerball 3. Lottery officials said one ticket, purchased in Sun City, California, matched all the numbers for the grand prize. The lump sum payout for the winning ticket

would be \$279.1 million. The grand prize in the multi-state U.S. lottery soared to its highest in months after 19 straight drawings failed to produce a winner. The last Powerball drawing to produce a jackpot winner was on April 1, said California Lottery spokesman Mike Bond. California is one of 44 states, plus Washington, D.C., Puerto Rico and the U.S. Virgin Islands, that participate in Powerball. **REUTERS**

BRITAIN, US DENY TRUMP STATE VISIT DELAYED

3 Prime Minister Theresa May's office said on Sunday there had been no change to plans for President Donald Trump's to come to Britain on a state visit, after the Guardian newspaper reported the trip had been postponed. The paper, citing an unidentified adviser at May's Downing Street office who was in the room at the time, reported Trump had told May by telephone in recent weeks that he did not



want to come if there were likely to be large-scale protests. "We aren't going to comment on speculation about the contents of private phone conversations," a spokeswoman for May's office said. "The queen extended an invitation to President Trump to visit the UK and there is no change to those plans." **REUTERS**



PROTESTERS RALLY AGAINST ISLAMIC LAW IN DOZENS OF US CITIES

4 Protesters held rallies across the United States on to denounce Sharia law, the Islamic legal and moral code that organizers say poses a threat to American freedoms, but critics believe anti-Muslim hatred is behind the condemnation. ACT for America, a self-described grassroots organization focusing on national security, staged rallies in New York, Chicago, Boston, Denver and Seattle, as well as many smaller cities. **REUTERS GETTY IMAGES**

BODY FOUND FLOATING IN CENTRAL PARK POND

5 Police stated that at around 8 a.m. on Sunday, a parkgoer saw a body floating in the Central Park Conservancy Pond near 74th Street and attempted to rescue the person before discovering that the man was already deceased, Pix11 reported. The body is believed to be that of a man in his 20s or 30s, and it was fully clothed when discovered at the pond, NBC4 added, also reporting that a medical examiner is



working to uncover the cause of death. The Conservancy Pond is a small body of water that is often used as a spot for operating model boats, NY1 reported. **METRO**

WELCOME TO METRO.US!

RACHAEL VAUGHAN CLEMMONS

Dear Katy Perry: You can stop talking about Taylor Swift now, enough is enough. I would like to go on the record and say I think we've heard enough of Katy Perry talking about Taylor Swift. She should stop now. We've had enough. The "Bon Appetit" singer is pretty desperate to sell copies of her new album "Witness." Part of her attempt at drumming up sales is talking about her feud with Swift, which she has done basically every week for the last two months. **metro.us/entertainment**



PLAY TO WIN
\$100!

Every Monday, we pick a random winner from the participants who answered correctly one of the quizzes from the previous week. This week's winner is Amanda Tiradentes.

metro.us/quiz

A photograph of musicians playing electric guitars, overlaid with a red tint. The image is used as a background for the main title.

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Looking down on Midtown Manhattan through the eyes of Scout Legion. SCOUT LEGION

Young urban explorers go to dizzying heights, dark depths to see New York

Calling themselves Scout Legion, they emerge from the shadows underground and above to show others what they can't see.



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Many New Yorkers scurry through this great city of ours with nary a thought about its history, the buildings towering above them or the web of subway tunnels below them — unless, of course, they're facing whatever that day's commuting issue may be in the latter.

But for a group of teens from Queens who call themselves Scout Legion, these things are always in their minds as they leap from tall buildings, traipse through subway tunnels and find themselves in long-abandoned places.

The nine-member Scout Legion is a group of urban explorers who are still in high school, go by nicknames and are only seen wearing masks. Their hobby, which takes them to dizzying heights, such as a crane above Times

Square, can be seen on Instagram and, for all intents and purposes, can be classified as trespassing.

But what drives this masked ensemble is not just the thrill of evading authorities, which happens on occasion, or going where few have gone before.

"The biggest thing is the history, it's like jumping into an old picture. What can you find?" founding member Ninja said. "I'd never seen a typewriter, now I've seen a bunch. You wonder how everything got there. Our main thing is showing others what they can't see."

Though another founder, Dr. Kidd, does like the excitement and risks that come with urban exploration, he, too, enjoys what Scout Legion sees on its jaunts the most.

"I love seeing the old architecture and machinery and buildings broken down, picturing how it used to be," he said.

A few months ago, the group visited the historic Beth Hamedrash Hagadol synagogue on the Lower East Side, which had been abandoned since closing in 2007 and burned down May 14. Three days later,

a 14-year-old was arrested and charged with third-degree arson.

"It made us pretty mad because people like that are completely opposite from people like us," Ninja said. "They just go in and destroy — we go in and cherish."

On excursions, each member of Scout Legion shares the weight of

"The biggest thing is the history, it's like jumping into an old picture. What can you find?"

Ninja

equipment for the group, which usually consists of several types of cameras, tablets for editing and uploading photos, tripods and their masks.

They also come armed with another piece of valuable gear: their bodies, as each member uses parkour, the sport of travers-

ing obstacles by running, climbing or leaping, to explore.

"It helps with everything," Ninja said. "Most of these places are broken down and there might not be stairs to climb, or they're under construction. We might have to make a makeshift ladder or use each other as catapults to get somewhere."

As the members of Scout Legion are still fairly young — Ninja is 17 and Dr. Kidd is 18 — Metro couldn't help but ask what their parents think about their dangerous hobby, like that time Ninja's tripod accidentally touched the third rail in a subway tunnel, exploded in his face, embedded metal in his pants leg and left him "partially blinded for a second because of the flash."

"My mom is fine with it," Dr. Kidd said. "Even if she wasn't, I'm an adult now."

Ninja said it was hard convincing his parents at first, "but they're really open about it." His father even joined them on a trip. "They want me to come home, it doesn't matter if I lose a limb," he added with a laugh. "I try to be really safe and keep everyone else safe."

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MADE FOR NEW YORK.

It's anchors aweigh for the newest ships in Circle Line's growing fleet

The sightseeing cruise company is set to unveil its brand-new Bronx and Staten Island vessels this week.



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There are about a million things that make New York City iconic, but we're willing to bet that its breathtaking skyline ranks pretty darn high. While it's one thing to see the towering skyscrapers from within the concrete jungle, it's a whole different feeling when you see them from the water that surrounds them.

"The physical experience of being on a boat off the island of Manhattan and looking back on the city, you have this sense

of having left, but seeing it with new eyes," Sam Kimball, chief marketing office of Circle Line Sightseeing Cruises, told Metro.

Starting this week, New Yorkers and tourists alike can see the five boroughs not only with new eyes but also amid what Kimball calls "that new boat smell" as the cruise company unveils the Bronx Class, the newest additions to its fleet.

On Tuesday, June 13, Circle Line will host a special naming ceremony, christening and inaugural cruise to the Statue of Liberty for two of its three new ships, the Bronx and Staten Island. The third ship, called Liberty, is forthcoming.

These are the company's first new ships since 2008, when the Borough Class Manhattan, Brooklyn and Queens vessels were added. Prior to those three, Circle Line used



The Bronx, seen at Pier 83 on Manhattan's West Side, is one of three new ships being added to Circle Line's fleet this year. CIRCLE LINE

the same six ships — converted Navy troop carrier boats from World War II — since its founding in 1945, Kimball said.

Earlier this year, Circle Line Sightseeing Cruises

reacquired Circle Line Downtown and New York Water Taxi, bringing its total fleet to 25.

Like the 2008 vessels, the Staten Island, Bronx and Liberty hold 600 pas-

sengers and were built by Gladding-Hearn Shipbuilding in Somerset, Massachusetts. Each has three levels, including a top VIP deck, state-of-the-art food and beverage service sta-

tions and are "fast and quiet," Kimball said.

They will be in rotation for Circle Line's many tours, which include trips to the Statue of Liberty, Brooklyn, Harbor Lights, Thursday happy hours and its most popular, the Best of NYC Cruise, a 2½-hour jaunt around Manhattan.

"I was born and raised in New York, and I don't think you can really beat that feeling you have when you approach and get right up next to the Statue of Liberty at sunset," Kimball said. "You look back at the city and the skyline and Financial District, and you can't help but say that we're lucky to live in the greatest city on Earth."

Visit [CircleLine42.com](#) for more info, and be sure to check out our photos and video from Tuesday's event on Metro New York's Facebook and at Metro.us.



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Then-Sen. Jeff Sessions speaks during the opening of the second day of the Republican National Convention on July 19, 2016. GETTY IMAGES



TRUMP'S AMERICA

MORE TORTURE SESSIONS FOR JEFF

OPINION


ELLIS HENICAN
@henican

have hidden a third secret meeting with Russian Ambassador (and Trump pal) Sergey Kislyak. Meetings 1 and 2 had already slipped Sessions' mind.

Even the weekend provided no relief for the beleaguered Jefferson Beauregard Sessions III.

As Democrats howled for answers, Sessions canceled a long-planned appearance in front of the Senate and House Appropriations Committees, subbing Deputy Attorney General Rod Rosenstein. Sessions said he'll appear before the Intelligence Committee instead — most likely in a secret hearing, a Justice Department official made clear.

Bad things in Washington almost never get better on their own. Sooner rather than later, Sessions will have to answer questions from the media, from the senators and, most dangerously, from special counsel Mueller. All three can see the cornered attorney general would be an ideal insider to flip on the president.

What does Sessions know about Comey's firing? How involved was the Trump campaign in the Russian interference? Can you say "collusion"? Yesterday, Sen. Pat Leahy spoke for many when he warned Sessions tartly: "You can't run forever."

No, you can't.

Metro columnist Ellis Henican is a veteran journalist, best-selling author and frequent commentator on CNN and other TV networks. Follow him on Twitter @henican.

Jeff Sessions had a terrible, horrible, no good, very bad week.

At least that's finally over. But wait! Now, it appears that this week could be even worse. As with little Alexander in one of the greatest children's books of all time, nothing's been going right for Donald Trump's attorney general.

Seven short days ago, word broke that Donald was steaming mad at him. According to people close to both men, the prez was steamed that the AG had recused himself from the Russian hacking probe. In Trump's swirling mind, that's what led to the appointment of special counsel Bob Mueller, who suddenly seemed to be investigating everything.

No president wants that, least of all Donald Trump.

Sessions offered to resign, an offer Trump deflected — for now. When Sean Spicer was asked if the president was still a Sessions fan, the White House press secretary had to duck. "I have not had a discussion with him about that," Spicer said.

On Thursday, ousted FBI Director Jim Comey hinted darkly about the attorney general's deeper connection to Russian interference in the 2016 election. On Friday, we learned that Sessions may

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@MetroNewYork



Official: Puerto Rico nationalist passed up award for New York parade's good

There was little sign of the firestorm of criticism that has surrounded the event.

A Puerto Rican nationalist, vilified for his alleged links to a deadly bombing campaign, decided to pass up a special award that Puerto Rican Day Parade organizers wanted to give him, hoping to dispel the rancor that had enveloped the New York event, an official said.

Even so, Oscar Lopez Rivera still wanted to march in the annual celebration of Puerto Rican heritage, said Louis Maldonado, a member of the parade's board. This year was the first opportunity he had to do so since being released from

prison after serving 35 years on sedition charges.

"The reality is we did not convince him to do that. This was his decision. His decision alone," Maldonado told WABC-TV when asked if organizers bowed to political pressure by dropping plans to give Lopez Rivera a "National Freedom Hero" award.

"He did so because he saw the level of divisiveness that was happening in our community," Maldonado said.

As the parade marched up Fifth Avenue on Sunday morning, there was little sign of the firestorm of criticism that has surrounded the event since organizers announced their plans.

Thousands of cheering spectators lined the route,

many of them waving small Puerto Rican flags. The crowd applauded wildly as Lopez Rivera, 74, rode past on a colorful float decorated with leaping fish. He gave a "thumbs up" and thrust a clenched fist in the air.

Organizers expected 1.5 million to watch Sunday's event.

Gov. Andrew Cuomo was among the public figures who decided against marching in the parade once it was known Lopez Rivera was being considered as the honoree. New York City Patrolmen's Benevolent Association, the nation's largest police union, called for a boycott of the annual celebration by Americans with roots on the Caribbean island, home to 3.5 million residents.

JetBlue Airways Corp., AT&T Inc. and other major advertisers pulled their sponsorships over Lopez Rivera's participation.

"I think it's good that he declined it because it was entirely distracting from the issue at hand, which is Puerto Rico," Mayor Bill de Blasio, who planned to march all along, said last week. "That's the only thing this parade should have been about."

Against that backdrop, Puerto Ricans on Sunday voted on whether their struggling island should become the 51st U.S. state. Even if islanders vote in favor of statehood in the referendum, Puerto Rico's fifth since 1967, statehood would require an act of the U.S. Congress.

REUTERS



Parade participants celebrate Puerto Rico as they march up Fifth Avenue on Sunday. ALL IMAGES COURTESY GETTY IMAGES

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LEGIONNAIRES'

NYPD stationhouse tests positive for Legionnaires' disease bacteria

The NYC Health Department has advised police officers who work in East Harlem's 23rd precinct station on East 102nd Street to avoid showering or using hot water at work as a precaution after traces of the bacteria that causes Legionnaires' disease were found in the facility's water, The New York Times reported. The Health Department indicated that one officer's recent illness was

"potentially associated" with his workplace.

"Legionnaires' disease is not contagious, [and] officers can still work in the building but should avoid taking showers at the site until the investigation is complete" the Health Department's statement was quoted by the Washington Post. "There is no public health risk to the larger community."

Pending further testing, the stationhouse's supply of hot water has been temporarily shut down,

according to Pix11, which added that Legionnaires' disease is a type of pneumonia that can be easily treated with antibiotics.

Though prisoners are not being taken to the stationhouse because of the bacteria discovery, the facility is still open, the New York Post reported. Legionnaires was responsible for 12 deaths when an outbreak occurred in the Bronx in 2015.

The officer at the 23rd precinct who recently became ill was recovering at a medical

facility outside of Manhattan, NBC 4 reported.

Legionnaires' disease usually develops within 10 days after exposure to the Legionella bacteria, according to the Mayo Clinic's website. Initial symptoms include headache, muscle pain, chills and a fever that could reach temperatures greater than 104 degrees Fahrenheit, and although the disease mainly attacks the lungs, it can also cause infections in other body parts.

JASON NUCKOLLS

Here's your 'summer of hell' Penn Station schedule

"Summer of hell" was Gov. Cuomo's words, not ours, BTW.



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With Amtrak's extensive track repair work at Penn Station set to begin in exactly one month, New Jersey Transit has released the forthcoming changes to its weekday schedule.

Amtrak, which owns and operates the 21 tracks at the nation's busiest rail terminal, is slated to close portions of them for 44 days throughout July and August and cause what New York Gov. Andrew Cuomo called a "summer of hell" for commuters.

NJ Transit's service changes go into effect Monday, July 10, through Friday, Sept. 10. Weekend service will not be impacted, the agency said on its website.

"More than 80 percent of NJ Transit customers travel over a portion of Amtrak's Northeast Corridor at some point during their trip, so in essence, they are customers of Amtrak as well," Executive Director Steven H. Santoro said in a statement Friday. "In developing this service plan, the safety of every customer was the top priority."

Morris and Essex Lines (M&E) customers, who will receive a discount of up to 63 percent off

their New York fare, are urged to check the new schedules for train times and stops and purchase a Hoboken destination ticket for July and August.

• Midtown Direct trains on the Morristown Line arriving at Penn Station after 7 a.m. will divert to Hoboken for rest of service day. Customers traveling into the city on four early-morning Midtown Direct trains — 6602, 6604, 6696 and 6306 — won't have return service in the evening; they will need to go to Hoboken for westbound M&E trains.

• Midtown Direct trains on the Gladstone Branch will divert to and from Hoboken.

• Midtown Direct trains on the Montclair-Boonton Line will run on their regular weekday schedule with "minor" time changes to and from Penn Station, but they will not stop at Broad Street Station during peak hours.

• All Northeast Corridor and North Jersey Coast Line trains to and from Penn Station will also run on their normal weekday schedule with "minor" time changes.

• Hoboken-bound North Jersey Coast Line trains will terminate at Newark Penn Station. Commuters can access rail service to Secaucus to transfer to Hoboken-bound trains, and tickets to Hoboken will be honored at Secaucus.

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NJ Transit released its schedule changes for Amtrak's upcoming repairs at Penn Station. FILE

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Why Knee Arthritis Sufferers Of Almost All Ages Are Opting For Newest Medical Procedures Before Surgery . . .

Fraction of the cost, minimal risk and little to no downtime amongst top reasons

By Matt Edgar

America's Health Writer

New York City - Everyone has said it at one time or another. If I had only known about "this" sooner - things would be very different today.

That's what many knee arthritis pain sufferers are saying about this technology and treatment.

*"We all know that countless lives are being saved every year because of early detection and better treatment" noted the clinic director at the **NY Pain MD** in New York City. "The same holds true for treating arthritis pain. I believe we are having so much success at **NY Pain MD** because of two factors: One is we are using advanced medical technology and treatments a lot of clinics do not use. And second, the word has spread to our community and so many knee arthritis sufferers are coming in sooner. And the earlier we can treat knee arthritis - the better the results. The key to trying to avoid knee replacement surgery is doing the correct treatment as soon as possibly"*

What is the "correct treatment?"

"That depends," said the director. "There is no one answer when it comes to medical conditions. Knee arthritis is no different. That's why, if you have knee pain, you should have it evaluated by a doctor who deals with and treats knee pain every day," added the director.

For many knee arthritis pain sufferers the right treatment is Viscosupplementation whereby a preparation of Hyaluronic acid a gel-like FDA approved medicine is applied directly into the knee joint using *Precision Arthritis Targeting Technology*.

Hyaluronic acid is the natural lubricant and shock absorber of your joints and is found to be decreased in arthritis sufferers. This is similar to running your car without oil. Obviously, the sooner you put oil back in the car - the less damage will be done. That's why some doctors feel early viscosupplementation gets the best results and is so important for avoiding surgery.

The director believes one of the most important factors for the success of viscosupplementation is making sure you are getting it into the joint space precisely. That's why the doctors at **NY Pain MD** use advanced imaging technology to apply *Precision Arthritis Targeting* during every treatment.

A device called the "C-Arm" allows the doctor to see into the joint and actually watch the medicine be applied exactly where it is supposed to. Research shows that performing procedures without Precision Arthritis Targeting (P.A.T.T.) can result in missing the joint space as much as 30% of the time. If you had viscosupplementation treatments without Precision Arthritis Targeting Technology and did not get good results - this may be why.



"If you have knee arthritis pain, viscosupplementation might be the answer you are looking for. The keys are not wait, get a good evaluation from an expert and make sure precision arthritis targeting is used to make sure you have the best chance for success."

Can This Be Avoided? Total knee replacement is serious surgery requiring months of rehabilitation. Some doctors think modern treatments done early enough can keep baby boomers from going under the knife.



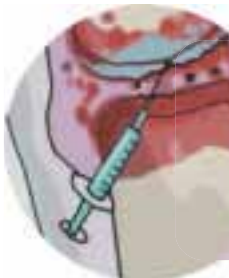
Normal Pain-Free Knee Joint **Everyone Wants Proof:**

In the artist simulated drawings, picture #1 is a normal, pain-free knee. There is no arthritis and the knee can move and bend freely without pain.



Knee With Painful Arthritis **Pain -**

Illustration shown is a knee joint with painful osteoarthritis. Arthritis causes the joint space to decrease, grinding, stiffness, decreased motion, bone spurs, swelling and a lot of pain.



Research Shows Doctors Miss The Joint Space Up To 30% Of The Time Without Advanced Imaging **Failed Treatment -**

The injection (Lubrication medicine) misses the joint space. Research shows this occurs up to 30% of the time without the use of the digital imaging to guide the injection. This is why lubrication medicine may not have worked for you



Lubrication Medicine Injected Directly Into Knee Joint Like "Joint Oil" using Precision Targeting Technology **Successful Treatment -**

Successful Treatment - Lubrication Medicine (blue) being precisely injected directly into the knee joint using digital imaging. Advance imaging allows treatments to be as precise as possible. Lubrication medicine can lubricate the joint and decrease pain.

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That's when their specially trained-doctors added cutting-edge arthritis treatments to their already successful comprehensive knee pain relief program.

Viscosupplementation is unique because - even though it is manufactured by a pharmaceutical company, it is NOT considered a drug because it is a natural substance with an incredible story.

Why So Many Want It

You see, when you suffer with arthritis - the lubricating fluid (synovial fluid) in your knee joint dries up.

This means instead of gliding smoothly - your bones start to rub and grind against each other.

This causes a little pain in the beginning - but over time the pain steadily gets worse until it is excruciating.

Like "Joint Oil"

Viscosupplementation works so well because it is like "joint oil." It is a natural substance that contains one of the natural building blocks of the synovial fluid that lubricates your knee.

Scientists and researchers discovered this natural building block to synovial fluid in the rooster's comb - that big red thing on top of the roosters head. It is extracted from the roosters comb, purified and concentrated. They have also developed medical lubricants that are also natural but made a bit like yogurt and "cultured" into highly effective arthritis pain-fighting medical lubricants.

When introduced directly into your knee joint, it is like squirting oil on a rusty door hinge.

Viscosupplementation allows your joints to glide more smoothly eliminating a lot of the rubbing, grinding and pain.

Can Supplements Do The Same Thing?

No. Glucosamine and chondroitin and other supplements are much different. You can only get this from a doctor and it often helps knee pain sufferers who got limited or no success from glucosamine and chondroitin. Beware of unsubstantiated claims made by supplements to do what this advanced medical procedure does.

Why You Should Try This Even If You've Already Had Similar Treatments Without Results...

"We have been able to help so many knee pain sufferers even many who have already tried other treatments like Synvisc, Supartz, Orthovisc and even Hyalgan. This is because our treating doctors always use "Precision Arthritis Targeting Technology". This allows us to place the Viscosupplementation exactly where it needs to be. Studies show doctors doing joint injections without technology can miss the joint up to 30% of the time." noted the Director of Center

NY Pain MD is a state of the art medical facility offering nly the best technology.



Advanced Medical Technology Can Make All The Difference: This advanced Precision Arthritis Targeting Technology using fluoroscopic imaging allows doctors to see directly into the knee joint so treatments are precise and the FDA approved lubricating medicine actually goes EXACTLY where it is supposed to. Studies show that procedures done without this technology can miss the joint up to 30% of the time. This is one reason Viscosupplementation may not have worked for you in the past. **NY Pain MD** uses this P.A.T. Imaging Technology. with each and every treatment.

And that's not all :

"Every case is individual. Some patients get quite a bit of relief right away - others take a little more time. But most have been extremely happy. We've noted results lasting no less than 6 months for many but up to 2 years for some patients.. Patients who were suffering for years with bad knee pain are getting their lives back... going for walks again and exercising. It's amazing to see. They tell all their friends - that's why we are swarmed. After getting treatment and feeling better, many patients have decided to cancel their total knee replacement surgeries." added the director.

How To Find Out If It Can Help You?

If you have knee pain, the **NY Pain MD** doctors would like to invite you for a no-obligation screening to see if you are a candidate for their treatments using *Precision Arthritis Targeting Technology*.

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All you have to do is call 800-885-KNEE (5633) right now and when the scheduling specialist answers the phone tell her you would like your no obligation "Knee Pain Screening." The doctors at **NY Pain MD** can only accept a limited amount of new patients each month for this screening - so if you are interested please call now. Your no obligation screening will only take about 25-30 minutes... you will get all your questions answered and leave knowing if you have possibly found the solution to your knee pain.

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- ▶ Have you tried other treatments such as NSAIDS and other anti-inflammatory medications without success?
- ▶ Have you already tried viscosupplementation (Hyalgan, Supartz, Synvisc) without satisfactory results?

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Macron's party set for huge parliamentary majority

The vote delivered a further crushing blow to the Socialist and conservative parties that had alternated in power for decades until Macron's election in May blew apart the left-right divide.

President Emmanuel Macron's fledgling party is set to trounce France's traditional main parties in a parliamentary election and secure a huge majority to push through his pro-business reforms, projections after the first round showed on Sunday.

With 90 percent of voters accounted for, Macron's Republic on the Move (LREM) and Modem allies had won 31.9 percent support, Interior Ministry results showed.

The conservative party The Republicans and allied center-right Union of Democrats and Independents held 18.9 percent, the National Front 13.8 percent and the Socialists 7.45 percent.

Pollsters project Macron's alliance could win as many as three-quarters of the seats in the lower house after next week's second round of voting.

That would give France's youngest leader since Napoleon a powerful mandate to make good on campaign pledges to revive France's fortunes by cleaning up politics and easing regulations that investors say hobble the euro zone's second-biggest economy.

"France is back," Prime Minister Edouard Philippe said on French TV. "Next Sunday, the National Assembly will embody the new face of



French President Emmanuel Macron
GETTY IMAGES

June 18 second round, warning them against allowing too much power to be concentrated in the hands of one party.

Macron professes to be of neither right nor left. His one-year-old LREM party fielded both seasoned veterans and political novices including a former bullfighter, a fighter pilot and a former armed police commander.

"It's a renewal of the political class," said Jose Jeffrey, a Health Ministry administrator who voted LREM.

Projections by three pollsters of LREM's tally after the second round ranged from 390 to 445 of the assembly's 577 seats — potentially the biggest majority since president Charles De Gaulle's conservatives won more than 80 percent of seats in 1968.

REUTERS

our republic."

Voter turnout was a record low for parliamentary elections in the post-war Fifth Republic at 48.6 percent, taking the shine off Macron's margin of victory in the first round.

Both the Socialists and the conservative Republicans urged more voters to cast their ballots in the

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Ex-US Attorney Bharara tells of 'unusual' calls he received from Trump

Bharara's first televised interview since Trump fired him in March as the top federal prosecutor in Manhattan

Former U.S. Attorney Preet Bharara revealed on Sunday that he received a handful of "unusual" phone calls from Donald Trump after the November election that made him feel uncomfortable, and said he was fired after declining to take the third call.

Speaking on ABC News' "This Week," Bharara said he believed Trump's calls to him violated the usual boundaries between the executive branch and in-

dependent criminal investigators.

"It's a very weird and peculiar thing for a one-on-one conversation without the attorney general, without warning between the president and me or any United States attorney who has been asked to investigate various things and is in a position hypothetically to investigate business interests and associates of the president," Bharara said.

He added that during President Barack Obama's tenure, Obama never called him directly.

Bharara's comments came just a few days after former Federal Bureau of Investigation Director James Comey testified at a congressional panel that

Trump had asked him to drop an investigation into former Trump aide Michael Flynn and his alleged ties to Russia.

Comey also said he believed he was subsequently fired in an effort to undermine the investigation into possible collusion between Trump's campaign and Russia to influence the 2016 presidential election.

Trump has denied allegations of collusion between his campaign and Russia and said he never directed Comey to drop the Flynn probe.

A White House spokeswoman could not immediately be reached for comment.

Bharara said on Sunday that Trump called him

twice after the November election "ostensibly just to shoot the breeze."

"It was a little bit uncomfortable, but he was not the president. He was only the president-elect," Bharara said.

The third call, however, came two days after Trump's inauguration. That time, he said, he refused to call back.

"The call came in. I got a message. We deliberated over it, thought it was inappropriate to return the call. And 22 hours later I was asked to resign along with 45 other people," he said. REUTERS

Former United States Attorney for the Southern District of New York Preet Bharara GETTY IMAGES

"It was a little bit uncomfortable, but he was not the president. He was only the president-elect."
Bharara



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'Gay Pride' turns into 'Resist'



Members of the LGBT community and their supporters participate in the Los Angeles Gay Pride Resist March on Sunday in Hollywood, California. The Resist March is being held in conjunction with the LGBT Equality March for Unity & Pride parade in Washington D.C. ALL PHOTOS BY GETTY IMAGES



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I wish Katy Perry would stop



This is getting old, Perry.

I'd like to go on the record and say I think we've heard enough of Katy Perry talking about Taylor Swift. She should stop now.

The "Bon Appetit" singer is pretty desperate to sell copies of her new album "Witness." Part of her attempt at drumming up sales is talking about her feud with Swift. Which she has done basically every week for the last two months.

Now, the 32-year-old is ready to let it go. Because

her album came out over the weekend and she already has drummed up as much press as she could. "I forgive her and I'm sorry for anything I ever did," she said on The Thrive Global Podcast. "I think it's time. ... There are real problems in the world. You know what I'm saying?" Barely!



RACHAEL VAUGHAN CLEMMONS
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Jessica Chastain has a rich Italian husband now

Over the weekend, Oscar-nominated actress Jessica Chastain married a rich Italian man. His name is Gian Luca Passi de Preposulo, and that's a lot of names, my dude!

The 40-year-old actress had been dating Passi de Preposulo, 34, for five years before tying the knot. Chastain,

hasn't said much about her



Looks like you nabbed a good one, Chastain. ALL IMAGE COURTESY GETTY IMAGES

now-husband, since she's like, private about her private life or whatever.

But she has mentioned, a few times, how happy she is with him. Less than a year after they started dating, the "Zookeeper's Wife" actress told Extra's Mario Lopez that she was very happy with the many-named man. "It's

a wonderful thing when a career does so well and your personal life goes so well." Aw!

The couple wed in Treviso, a city in northern Italy north of Venice. What better place to say your "I do's" than at the family estate? Oh yeah, the Passi de Preposulos have a family estate.

Amber Rose goes full frontal on Instagram

Amber Rose took to Instagram to show the world her mons pubis because, I don't know, she was bored?

The 33-year-old shared a photo on Instagram where she's casually lounging on a staircase, wearing a bikini top, a fur coat and approximately a gallon of body oil. And her bikini bottoms? Well, they were nowhere in sight. The explicit picture showcased a great deal of Rose's upper pants area, and was predictably removed by Instagram within two hours. Because



She's baring it all. Like, all of it.

you know, you're not allowed to let it all hang out on Instagram. Those are the rules, man!

Rose responded with a video of rolling her eyes, and an epic plot twist. Turns out,

she did it for feminism. Surprise!

"When IG deletes ur fire a— feminist post but you don't give a f—k because everyone picked it up already," she wrote. Then she threw in the hashtags #amberroseslutwalk and #bringbackthebush, just for kicks.

To be fair, she is out here promoting female empowerment with her annual SlutWalk, so fine. I'll give her the feminist angle for her full bush photo.

Amanda Bynes is doing great!

Amanda Bynes would like to make a comeback.

The "She's the Man" actress appeared on an interview for Hollyscoop (her first in four years!), and she appears to be sober and healthy and well, and it's truly a delight. She's taking fashion classes at FIDM in Los Angeles! She hikes, she goes spinning and she feeds the homeless!

The 31-year-old actress, who has been leading a private life after facing multiple drinking-related arrests



Can't wait to see more Amanda.

and mental health issues in her late 20s, is planning a full-on return to form. "I want to do TV, maybe a few guest spots on some shows that I'm a fan of and maybe another TV show that I'm the star of," she says.

She also recognizes that this is a great time to clarify her statement about wanting Drake to, ahem, murder her vagina. "I actually wasn't being insincere," she says, shrugging.

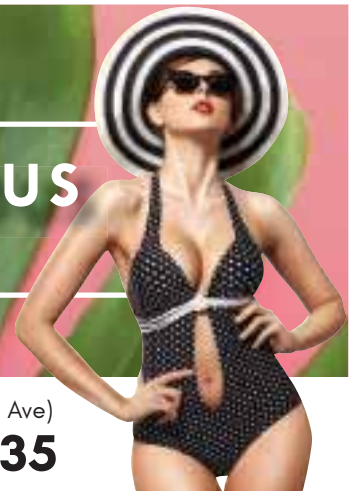
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See how a show-worthy cake is made

Ashley Holt, aka Sugar Monster, reveals the secrets of her "Kinky Boots" masterpiece for the NY Cake Show.



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It's 8:37 p.m. the night before the 2017 New York Cake Show, and Ashley Holt is pouring herself a cup of coffee from a giant French press.

It's not her first or last of the day. The 29-year-old behind Sugar Monster Sweets — who's appeared on "Cake Boss" and won Season 3 of TLC's "Next Great Baker" — will work through the night until

7 a.m., when it's time to get the cake from her south Brooklyn studio to Pier 36 on the Lower East Side for the competition.

"I live for this push and this energy; it's so much fun," she says. "Sure, I would rather relax and do my cake over a couple of months, but there's something about that last-minute pressure that I really live for."

Her competition cake — cakes, actually, as Holt entered in two categories — actually began nearly a month ago. We got to step into her Carroll Gardens studio to get an inside look at how her creations came together, from drawing board to the final touches.

See the full story and find out how Holt placed at Metro.us.



This year's NY Cake Show theme was Broadway, as the event fell on the same weekend as the Tony Awards. Holt got to pick the show she wanted to use as inspiration (no duplicate are allowed in the same category). "I chose 'Kinky Boots' — I'm really really attracted to the big red boot and knew that would be a cool, fun challenge." She watched YouTube clips and Googled images from the show to pick out what parts of the production she could turn into design elements.



Show cakes have plenty in common with beauty pageant contestants. Holt uses a dress steamer to give her fondant a lustrous finish, each chocolate jewel is hand-painted, and everything must be decorated from head to toe, including her cake board and on-theme tablecloth. "If you don't decorate your board, it's huge points off."



One thing Holt didn't have to do is actually bake a cake. Though there are edible categories like Buttercream and Cookies, the interior of show cakes are generally made with styrofoam. "No one's eating this cake; it's gonna be staying around forever," she says. "They're going to stay in the studio as our decorations." When she does bake, she hopes you enjoy it but doesn't need to witness it firsthand: "It hurts to look at clients cut through cakes that you pour 70 hours into."



"I don't get the chance to do this every day; I don't have orders like this. That would be a very expensive cake — I would charge at least \$10,000 for this, maybe even \$20,000. Which, no one would pay for that. I really get to push myself creatively to the next level and see what I'm capable of."

ALL PHOTOS BY BRANDON HARDIN

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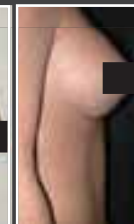
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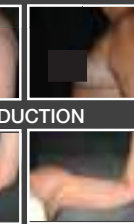
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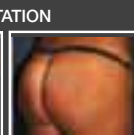
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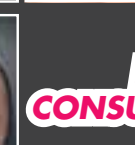
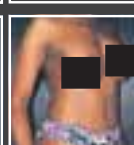
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Rachel Weisz: 'Brexit feels like a death'

The Oscar-winner talks "My Cousin Rachel" and trying to stay sane in an insane age.



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Rachel Weisz likes it when you're not sure if you like her characters. After all, sometimes she feels the same way. She runs hot and cold on Tessa Quayle, the doomed activist she played in "The Constant Gardener" — the role that netted her an Oscar 10 years ago.

"She was a character on a moral crusade, but she was a real pain in the ass as a person — quite annoying and deeply imperfect," Weisz tells us. "That's what I liked, that she was on the right side of morality but she was no angel. It made me think she was a real person."

"Some characters can be too perfect to have flaws, which makes you not believe them," she adds.

The actress, 47, is through the roof about the responses she's been getting about "My Cousin Rachel." She plays the title role: a mysterious woman in 19th century England



GETTY

Rachel Weisz plays a woman in 19th century England who may or may not be a murderer, in "My Cousin Rachel," now in theaters. **FOX SEARCHLIGHT**

who may or may not have murdered her husband. His cousin, Philip (Sam Claflin), certainly thinks she's guilty — until he meets her and finds her charming enough that he quickly falls in love. Still, there's always the chance that Philip could be her next victim, and we spend the entire film wondering which side she's on.

"I made a decision whether she was guilty or innocent," Weisz says. "The director [Roger Michell] didn't want me to tell him which way I decided. It was a mystery from him,

which was a fun game."

She won't tell us either. Instead, she likes to hear what viewers think.

"People have interpreted it differently," she says. "I've talked to people who think her charm and warmth is a performance and she's not to be trusted. And I've met people who are more in the camp that she's just a woman trying to be independent and free and is a vulnerable victim of gossip and misunderstanding. You can interpret it both ways, which I find delightful."

Either way, it's clear that "My Cousin Rachel"

— based on the 1951 novel by Daphne du Maurier — intends to explore how women were treated in the distant past.

"These rumors are surrounding her because she's different," Weisz explains. "She doesn't fit into her times. She has different sexual mores from those around her — different views on marriage and being owned. She's independent, and that causes a lot of negative gossip. As it still would, let's face it."

For Weisz, the way women are treated in "My Cousin Rachel" isn't that different from today.

Have some perspective

The ambiguity in "My Cousin Rachel" feels even more pronounced now, when we live in a "post-truth" world — when we can't be sure if our president is a Russian puppet, and Kellyanne Conway drops words like "alternative facts."

"We're living in highly ambiguous times," Weisz says. Still, she's reluctant to only read or listen to those she agrees with. "I used to turn on [Bill] O'Reilly for fun," she says with a laugh. "It's fascinating to listen to someone you don't agree with."

Weisz describes herself as "cautiously optimistic" about the future, hopeful that this intense, unsure period will come to an end.

"There's only so long it can last," she says. "I understand the damage to the Earth is irreparable, but I'm looking at this era as a finite thing. History goes through changes, and people come out the other side. I'm trying to have some perspective."

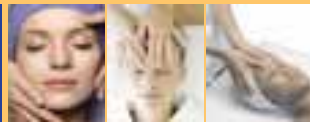
Still, she doesn't feel that way about everything. "Brexit feels like a death," Weisz adds. "There's no going back. It's like a death in the family — something's gone forever."

Society still tends to treat those with XX chromosomes like inferior others.

"It's as if women were some tiny minority. We're half the planet!" she says.

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'Orange is the New Black' tries a novel approach

In its fifth season, some moments fall flat. But the characters are as strong as ever.

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The latest season of "Orange is the New Black" is trying something new. Instead of letting time move forward at a steady pace, the series begins at the same moment that last season ended — with a gun, and a tense stand-off between Daya (Dascha Polanco) and a corrections officer. The rest of the season unfolds over the following three days, and one thing is crystal clear: This is a prison riot, and there's no escape.

In the six episodes we've seen, the condensed timeline emphasizes how bad things have gotten in Litchfield. Poussey's (Samira Wiley) death was the culmination of months of mistreatment and abuse at the hands of



Taystee (Danielle Brooks, center) gives as strong a performance as ever this season.

the new COs. Caputo (Nick Sandow) has proved completely incapable of running his prison humanely. There had to be a breaking point, and this string of episodes is just that.

There are pros and cons to this new format. The pros are that we get to really sit in this moment; it feels like a testament to the huge effect Poussey had on others. On the other hand, there's not much room for advancement. How much can a

group of characters grow over the course of three days, when those three days are stretched over 13 episodes? Things start to drag. The riot gets stale.

One particular bummer is that the flashbacks aren't as seamless. The scenes spent in the past lives of these characters have always been one of OITNB's strong points, offering some relief from prison life. But they're also fascinating as independent stories.

This season the flashbacks are still important, but they feel tacked on. Where before we slipped into them, dreamlike, now we're picked up and dropped; it's inelegant where the show has always been graceful.

Now for some gushing: Regardless of these flaws, it's still great. The characters are full, deep and colorful people that are easy to care about, even if they're not always easy to love. In one extremely

fun scene, the COs are forced to perform a talent show for the inmates — and each one surprises with a uniquely great performance. It's particularly apt: All these people, stuck together in this prison gone mad, have tricks up their sleeves.

The acting this season is as strong as ever. As Taystee, Danielle Brooks is the voice of the riot, refusing to back down and refusing to let her friend's death slip away

unmarked. Her performance is enragingly good. And then there's CO Bayley (Alan Aisenberg), who killed Poussey. We witness his life in the aftermath and have to struggle with our sympathies for him.

"OITNB" is like an infinite paper fortune teller, always unfolding to reveal surprising points of view, never letting assumptions rest for long. For that, it's always been well worth watching.



Alex (Laura Prepon) and erstwhile protagonist Piper (Taylor Schilling) hit the deck. ALL PHOTOS JOJO WHILDEN/NETFLIX



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"It's just the beginning of the golden age for data scientists."

SARA FEINSTEIN
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It's every parent's dream to raise a successful doctor, but in today's high-tech era, there's an even more acclaimed title taking over: the data scientist.

And for those looking to enter the field, finding a job post-graduation should be no problem at all, considering the explosion in the need for these professionals. Industry research firms estimate there will be thousands of job openings in the next few years to meet the huge demand. So what exactly do these experts do?

We spoke with Vivian Zhang, founder and chief technology officer of the NYC Data Science

Academy to find out:

What does a data scientist do?

A data scientist is someone with a background in math, computer science and statistics, who uses those skills to gather data and deliver it to companies who are looking to increase results. "He or she might do a forecast for the next quarter's sales revenue, understand the driving factors of marketing activities, and come up with innovative ideas to drive a successful business," says Zhang. "It's the secret weapon that no enterprise or research entity can overlook."

What schooling do you need?

Those who enter the profession are typically trained in business, finance or a technical field like engineering. "But there are also students who come from backgrounds in everything from advertising to English literature and bartending," explains Zhang. "Some of the most important traits for being a successful

data scientist are the ability to solve problems and strategize using data," which students can learn by enrolling in a data-science boot camp. These programs will arm them with the computer programming and math skills they need to enter the workforce.

What's the typical salary?

The median salary for data scientists is \$113,436, according to national averages surveyed by Glassdoor.

Finding employment

There is a huge demand for data scientists that will only continue to grow in the coming years. "The amount of data being produced and recorded across all aspects of business and daily life is constantly increasing, and businesses and organizations have to tap into insights from that data," she says. Plus, almost all industries—from finance and banking, to healthcare and education—need these professionals. "I would say it's just the beginning of the golden age for data scientists."

By 2020 the number of data science and analytics jobs is expected to grow by nearly 364,000 to about 2,720,000 according to a study conducted by IBM, Burning Glass and the Business Higher Education Forum.

The pros

"It's a fun, challenging, and rewarding profession," says Zhang. Data scientists are also crucial members of businesses, she explains. On regular basis, they build data models that can help guide a company to make smart decisions. "One of the best things about being a data scientist is actually seeing the models you've built producing valuable insight."

The cons

Those entering the field need to be self-driven and quick learners in order to keep up with the changing technology. "It can be a bit of a challenge to stay current with the latest platforms and new tools that are constantly being released."

These study tips will help you ace your exams



Strategies like quizzing yourself and talking through material out loud are far more effective than simply rereading your notes. **ISTOCK**

For many students, crunch time studying means locking themselves a room and frantically rereading all of their notes.

But it turns out, that's not an effective method at all, explains Ulrich Boser, author of the new book, "Learn Better." In fact, science shows that repetition is actually an outdated practice that conflicts with the way our brains are wired.

We spoke to Boser for some practical tips for those who want to become better learners—in any subject.

Take time to reflect

"To understand any sort of skill or knowledge, we have to reflect on that skill," says Boser. He encourages people to jot down everything that went well during class or practice in a journal. "Something as simple as, 'In hockey class today, I discovered that I need to use my hips more,' or 'My acting instructor told me that I need to project my voice more,' can be enough to spark a richer form of learning," says Boser.

The benefits of reflection also apply to test-taking, he explains. Students often believe that their first answer is their best answer, but it turns out, that's not the case. In fact, there's a whole trove of evidence that suggests that thinking through your responses leads to better test scores, explains Boser.

Mix it up

Despite popular belief, doing the same thing over and over again doesn't actually make

you any better at it, says Boser. "If you're practicing piano, for instance, a lot of people think, 'On Tuesday, I'm going to do Bach, Wednesday, I'll do Chopin and Thursday, I'll do Mozart,' he explains. And while dedicating the entire day to one style may seem efficient, it's actually not. So what's the better approach? 'Mixing up each session. So that Tuesday you practice Chopin, Mozart and Bach,' explains the expert. Doing that will help you pay more attention to each one, and get out of the habit of repetitive learning, which we know is not that effective."

Quiz yourself

People imagine brains as computers. "They think that if data comes at us, we're going to acquire that data," explains Boser, "except that's not really how our mind works." The truth is, we need to conceptualize material in order to fully grasp it, which is why quizzing is so important. Plus, "the practice of retrieving something from memory is what actually helps us to remember it," says the expert.

Of course, that doesn't mean you have to spend all day running through flashcards. After you've finished reading through your notes, ask yourself, "What does this remind me of?" "How could I apply this in real life?" "How would I explain this to a friend?" says Boser. "Those types of questions are a bit more elaborative, and force you to think more richly about the material," which in the long run, will help it stick.

SARA FEINSTEIN



How to write a cover letter that actually gets read

Showing personality is crucial.



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For those on the job hunt, nothing can seem more daunting than writing a cover letter. And while it may seem redundant to those who think their résumé shows off all of their skills—even better, in neatly aligned bullet points—a persuasive cover letter is far more likely to get your foot in the door for the next stage: the interview.

We spoke with Alexandra Cavoulacos, founder and chief operating officer of career coaching platform the Muse and co-author of the “The New Rules of Work,” for some tips.

Don't be boring

The last thing you want to do is begin your application by saying, “Hi, I’m writing to express my interest in XYZ job opening,” says Cavoulacos. Not only is that dull, but the hiring manager already knows you’re interested in the job. Instead, you should be crafting your cover letter with the purpose of building a connection with the person on the other side of the screen. “You want somebody to finish reading it and say, ‘We have to meet with this person,’” she explains. And the best

way to ensure that is by showing some personality—maybe even trying to make them laugh, says Cavoulacos. “Some of the best openers of cover letters I’ve seen are really atypical,” she says. “Someone who’s said, ‘I loved selling since I’ve made more money on my lemonade stand than I got in allowance,’ is way more likely to get called in for an interview.”

Tell a story

You should write a cover letter in the same way you would a novel: with a clear beginning, middle and end. If someone were applying to a sales position, he or she might begin with, “When I first got into sales, I thought cold-calling would be my least favorite part,” says Cavoulacos. He could then go on and say, “Even though cold-calling—as every sales person knows—isn’t fun, that moment when you actually get them on the phone and convince them to talk to you has actually become my favorite high.” And to wrap it all up: “Getting to see my determination in action and really bringing in revenue has been a big motivator, and I’m excited to do the same for this company.” The narrative doesn’t have to be very long; it can be a paragraph or even one sentence, as long as it successfully molds your

accomplishments around a storyline.

Emphasize key skills

Showing a hiring manager your skills is important, but that doesn’t mean you should be running through a list of all of your talents. After all, highlighting a set of skills that align most with the needs of the company is way more effective, says Cavoulacos. That often means going back to the job description and rereading the first couple bullet points. “If they mention three different times that experience with Photoshop is really important, then they’re obviously trying to tell you something,” she says.

The next step: Expand on each skillset in “show, don’t tell” manner. “Don’t just say, I can use Photoshop,” says Cavoulacos. “Even, ‘I’ve been using Photoshop for five years’ doesn’t tell me anything about how good you are at it—it just tells me that you have exposure to it.” A more strategic cover letter might say: “My work with XYZ nonprofit to redevelop their logo and do a campaign, not only raised X thousand dollars for them, but also won this local award for non-profit design,” she says. In the end, it’s all about showing the impact and the achievements that are tied to your skills, not just listing them.



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It's make or break time for the Mets

Difficult schedule over the next two weeks will dictate the team's aspirations this summer.



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The opening two months of the 2017 Major League Baseball season have been a nightmare for the New York Mets. This is common knowledge.

Injuries, inconsistencies and a dash of drama have created the perfect recipe of underachieving for a franchise that was expected to challenge for the National League pennant.

It's created a sizeable deficit in the National League East as the Mets are attempting to cut down a Washington Nationals divisional lead that was an intimidating 10.5 games heading

into Sunday.

But for the first time since April, things are actually trending up in Queens.

Yoenis Cespedes and Steven Matz made exceptional returns over the weekend against the Atlanta Braves. Cespedes slugged a ninth-inning grand slam during the first game of a Saturday double-header while Matz allowed one run on five hits over seven innings in the nightcap.

They got further good news in the form of Seth Lugo getting back on the hill on Sunday.

There are still some noticeable names absent as the Mets are still trudging along without ace Noah Syndergaard and closer Jeurys Familia, but this is the most healthy the Mets have been since the season began.

Just in time, too.

To put things bluntly, New York's upcoming



Yoenis Cespedes made a thunderous return on Saturday with a ninth-inning grand slam against the Braves. GETTY IMAGES

schedule will not be kind to them.

The Mets are currently in the midst of a schedule in which they will play 18 games in 17 days. Four are in the

books after their weekend series in Atlanta.

They return to Citi Field on Monday night for a three-game series against the defending-champion Chicago

Cubs, a team that has been a shell of its former self and is coming off a series in which they were handled by the surging Colorado Rockies.

Despite their difficult start that sees them toeing the .500 line, Chicago is still a team stacked with offensive firepower that can't be taken lightly.

If the Mets can come out of relatively unscathed, their reward is a four-game set against the Nationals, which could make or break their season. A sweep gets them right back into the divisional race while a trip up could all but end their postseason hopes.

To make the task look even more daunting, the Mets have to get on a plane as soon as their series against Washington ends to play the very next night in Los Angeles against the Dodgers, who have one of the best records in the National League.

Any sort of swoon spells the end of the Mets season and it doesn't matter if three months of the season remains.

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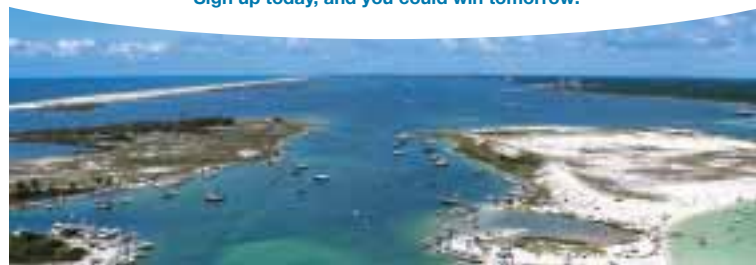
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Ben McAdoo expects everyone to be at Giants minicamp

After Odell Beckham Jr. and Olivier Vernon missed OTAs, Giants head coach Ben McAdoo is expecting a full house this week at minicamp.



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It wasn't an overt message to the likes of Odell Beckham Jr. and Olivier Vernon, but New York Giants head coach Ben McAdoo didn't leave a whole lot of wiggle room regarding this week's upcoming minicamp.

He wants everyone there, to a man. After all, it is mandatory

minicamp.

This week represents the last time the Giants will all, theoretically, be together before the start of training camp. It is three days where they can lay some crucial groundwork and hammer out some minor issues before going away for the summer.

Coaches love these three days, especially under the new collective bargaining agreement which has turned practice into glorified two-hand touch.

It is the closest to a training camp environment that a team can have all offseason before actual camp opens up in July.

And with two of his biggest stars in wide receiver Beckham and

defensive end Vernon, there is a hope from McAdoo that two players who have missed out on the recently concluded organized team activities (OTAs) will be at the team facility.

"Yeah, sure, I expect everyone to be here," McAdoo said. "I am not spending time talking about attendance, but yeah it is minicamp and we look forward to everyone being here next week."

Both players have missed OTAs, which are involuntary for attendance. But if either misses minicamp, then the players can be fined by the team for their lack of attendance.

Vernon's reason for missing OTAs was never officially revealed, but



Giants head coach Ben McAdoo was clear in his desire to see everyone at minicamp this week. GETTY IMAGES

the same can't be said for Beckham.

Shortly after the team picked up his fifth-year option on his rookie contract, it was revealed that Beckham's absence was because the star pass catcher is

looking to sign a new contract with the team ahead of the 2017 season.

While Beckham is one of the biggest bargains in the NFL, it brings unnecessary speculation and finger-

pointing from fans and the media, something not needed at this juncture in the season. Just more potential drama for a team that went through plenty last year, mostly from Beckham and his antics.

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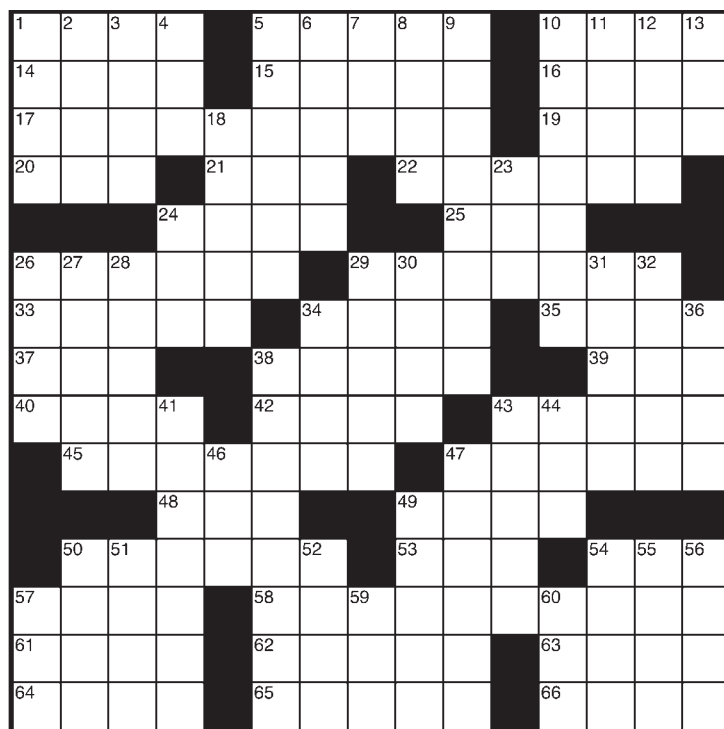
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Aries Putting pressure on someone or bending to accommodate others should be averted. You are best off working alone. Appreciate who you are.



Taurus Put more effort into taking care of how you look and fulfilling your responsibilities. Keeping up appearances will determine the kinds of opportunities you are given.



Gemini An unexpected change will catch you off guard. Do your best to stabilize your position by minimizing your involvement in a potentially costly situation.



Cancer Take a different approach to the way you handle people, money and emotional issues. If you look for creative solutions, you will make an impression on your peers.



Leo Put a halt on any decision that involves an emotional situation. You aren't likely to make the best choice at this volatile time. A work matter will suffer if ego is involved.



Virgo Listen to others' offers or suggestions, but don't make any sudden changes. Gathering information will help you make a move when the time is more appropriate.



Libra Think twice before you sign up to do something with a partner. The chance of clashing on several issues will make it difficult to get things done your way.



Scorpio Choose a destination that you find inviting. Whether it's in your community, far away, or the confines of your home, the respite will do you good.



Sagittarius Resolving issues that can be damaging to your relationship with a business or personal partner will encourage you to make decisions that will improve your life.



Capricorn Keep it simple when dealing with any expenditures or business deals today. Be cautious if someone tries to sell you something. Stick to your budget.



Aquarius Put more energy into the way you present who you are and how you look. Make a positive change at home that will help cut your costs.



Pisces Offer assistance to those in need. Take time to explain what you mean when dealing with young and old people alike in order to avoid a misunderstanding. **EUGENIA LAST**

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July 31st is the deadline for survivors of clergy sexual abuse to participate in the Independent Reconciliation and Compensation Program (IRCP) created by the Archdiocese to **compensate those who suffered abuse at the hands of the church.**



Mitchell Garabedian's work for Boston survivors has been featured in the film "Spotlight."

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